

Use the following guide to help you brainstorm important memories from your lifetime. Fill in as much as you can as you brainstorm.

- "Where I Grew Up" Memories

- Love memories (first love, true love, end of love)

- Pain memories (someone hurt you, argument with best friend or parent, etc.)

- First day of school memories

- Rites of passage / Realizing you are growing up memories

- Weather memories (tornadoes, hurricanes, snowstorms, etc.)

- Holiday memories (traditions, memorable ones, 1st time you found out there was no Santa Claus, etc.)

- Physical pain memories (broken bones, stitches, surgeries, bee stings, etc.)

- Funny family memories (the stories Mom tells that embarrass you)

-Others